



# Handbook of Life Stress, Cognition and Health

*Shirley Fisher, James Reason*

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## **Handbook of Life Stress, Cognition and Health** Shirley Fisher, James Reason

A comprehensive survey of the stresses associated with major changes, or traumas, in life, also covering the many stresses of everyday life. Written to be accessible to a large audience, examining the effects of stress on human behavior, efficiency, welfare, and health, with thought-provoking discussion of the implications for preventative medicine. Well-known researchers here address specific stress conditions such as bereavement, unemployment, divorce, and stress at work, and illness. They also discuss socio-cognitive concepts, psychobiological models, and the implications of cognitive involvement in stress management.

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